

# New Knowledge Adventures Presents:

## *Hypnosis for Universal Pain Management*

Seminar #2:  
Hypnosis and the  
Nature of Reality

# Course Materials

- All course materials are available on our website
- [www.NarrowGateAlliance.org](http://www.NarrowGateAlliance.org)
- Login Information:
  - UserID: hypnosisupm
  - Password: pa1nfr3e

# *Review of Seminar 1*

The 2 Skill Sets, the 5 Skills,  
and the 2 Explanatory Models  
You Will Learn Today



# Review of Seminar 1

- The 2 Skill Sets
  - Skill Set 1: Muscular Relaxation
    - Skill 1: Progressive Muscular Relaxation
    - Skill 2: Differential Muscular Relaxation
  - Skill Set 2: Basic Hypnosis = Relaxation + Suggestion
    - Skill 3: Ideo-Dynamic Responses to Suggestion
    - Skill 4: Appropriating Your Own Space
    - Skill 5: Autosuggestion [Waking Suggestion]
- The 2 Explanatory Models
  - Edmund Jacobson – The Jacobson Effect
  - Emile Coué - Autosuggestion

# Review of Seminar 1 - Explanatory Models

- Edmund Jacobson and the Jacobson Effect
  - Every thought is accompanied by a muscular contraction
  - Every muscular contraction is accompanied by a thought
- Emile Coué and Autosuggestion
  - Waking suggestion is as powerful as formal hypnosis
  - Autosuggestion is easier than formal hypnosis

Q and A

Review of Seminar 1



# Overview of Seminar 2

- Part 1: Introduction to the Elements of 'Reality'
  - Demonstration 1: Basic Relaxation
    - VAPMR Exercise
  - Demonstration 2: Self-Directed Visualization
    - Appropriating Space Visualization Exercise
  - Demonstration 3: Guided Visualization
    - Beach Walk Visualization Exercise
  - Demonstration 4: Guided Tour of the Elements of 'Reality'

# Overview of Seminar 2 (Cont.)

- Part 2: Brief history of the philosophical and scientific investigation of the nature of 'Reality'
  - Plato
  - Siddhartha Gautama – The Buddha
  - Aristotle
  - Descartes
  - The Alchemists
  - Edmund Husserl
  - Karl R. Popper and John C. Eccles



# Overview of Seminar 2 (Cont.)

- Part 3: Hypnosis and Interactive Dualism
  - If there are two distinct but interactive substances, then
    - The two substances can be detached from one another [EEG Theta State]
    - The two substances can be synchronized with one another [EEG Alpha State]
    - The two substances can be coordinated with one another [EEG Beta State]
    - The two substances can be unified with one another [EEG Gamma State]

# Overview of Seminar 2 (Cont.)

- EEG Brain-Wave Patterns
  - Delta
  - Theta
  - Alpha
  - Beta
  - Gamma

# Overview of Seminar 2 (Cont.)

- Detachment Methods [EEG Theta State]
  - Seated Meditation
  - Hypnosis
  - Waking Theta State from Synchronized Alpha State
- Synchronization Methods [EEG Alpha State]
  - Yoga
  - Seated Meditation
  - Hypnosis



# Overview of Seminar 2 (Cont.)

- Co-Ordination and Unification Methods  
[EEG Beta and Gamma States]
  - Tai Chi
  - Martial Arts
  - Walking Meditation
  - Athletics in general

# Overview of Seminar 2 (Cont.)

- Question and Answer Review
- Homework

Q and A



# Part 1: Introduction to the Elements of 'Reality'

Progressive Muscular Relaxation  
and Visualization Exercises Reveal  
the Elements of 'Reality'

# VAPMR Exercise

- Very Abbreviated Progressive Muscular Relaxation
  - Contraction/Release of 8 muscle groups in sequence
  - Pay close attention to the process as you perform the exercise and try to identify the two primary experiential elements that are involved

# Self-Directed Visualization Exercise

- Appropriating Your Own Space Exercise
  - Focus on a point on the front wall, then expand your field of awareness to include all elements of the room
  - Pay close attention to the process as you perform the exercise and try to identify the two primary experiential elements that are involved



# Guided Visualization Exercise

- With your eyes closed, follow the guided visualization suggestions to re-create an experience on the beach
  - Pay close attention to the process as you perform the exercise and try to identify the two primary experiential elements that are involved

# Guided Tour of the Elements of 'Reality'

- With your eyes closed, follow the suggestions to investigate the elements of your personal reality
- We will list these elements together after the exercise

# Class Discussion

Identify and Discuss the Elements  
of 'Reality'



# Discussion – Elements of 'Reality'

# Part 2: Brief History of the Philosophical and Scientific Investigation of 'Reality'

Highlights of Western and Eastern  
Philosophy and Science

# Plato (424-348 BCE)

- Plato's Theory of Forms
  - Two distinct but interacting dimensions
    - Ideal Dimension composed of the Forms [Ideas]
    - Real Dimension composed of matter
  - *Phaedo* 109a-111c
  - *Phaedrus* 247c ff
  - *The Republic* - Allegory of the Cave - 514a ff
  - *The Republic* – Myth of Er – 614a ff



# Plato (424-348 BCE – Cont.)

- “A Philosopher practices Death.”
  - Philosophical method of investigating the Forms
  - Detachment from material objects through relaxation and exploration of the Forms
    - Meditation
    - ‘Out-of-Body Experience’
    - ‘Astral Projection’
  - *Phaedo* 70a ff

# Siddhartha Gautama – The Buddha (563 – 483 BCE)

- Two distinct but interlocking dimensions
  - Maya – the World of Illusion, Suffering, Chaos
  - Nirvana – the World of Enlightenment, Joy and Peace
- Detachment and the Meditative Absorptions
  - 8 Meditative Absorptions comprise the Path to Nirvana

# Siddhartha Gautama – The Buddha (563 – 483 BCE – Cont.)

- Eight Meditative Absorptions
  - First Absorption: Elimination of unwholesome thoughts and feelings, production of joy and bliss
  - Second Absorption: elimination of applied and sustained thought, absence of discursive thought, production of rapture
  - Third Absorption: Fading away of rapture, production of equanimity and mindfulness



# Siddhartha Gautama – The Buddha (563 – 483 BCE – Cont.)

- Eight Meditative Absorptions (Cont.)
  - Fourth Absorption: disappearance of pleasure and pain, dwells in neither pain-nor-pleasure, mind and body fallen off
  - Fifth Absorption: Base of Boundless space
  - Sixth Absorption: Base of Boundless consciousness
  - Seventh Absorption: Base of Nothingness
  - Eighth Absorption: Base of Neither perception nor non-perception

# Aristotle (384 – 322 BCE)

- Two distinct elements of reality
  - The Soul
  - Material Substances
  - *De Anima* (Concerning the Soul) 412b – 413a

# Rene Descartes (1596-1650 CE)

- Two distinct but interacting substances
  - *Res Extensa [Extended Things]*
    - Objects extended in 4-dimensional space/time
  - *Res Cogitans [Thinking Things]*
    - Non-Extended Non-Temporal Consciousness
- Meditational Method
  - Methodical Skepticism
    - *Discourse on the Method*
    - *The Passions of the Soul*



# The Alchemists (1500 – 1700 CE)

- Distillation of 'Gold' from 'Lead'
- Metaphor for the meditative process of discovering the differences between Soul and Matter
- Process was to place material in the alembic and slowly heat it until the distillation occurred
- Compare to Yoga and the creation of *tapas*
  - *The Yoga Sutra of Patanjali II.1, II.32 and II.43*
- Compare to Ki-Energy and Classical Mesmerism

# Edmund Husserl (1859-1938 CE)

- Updated version of Cartesian Interactive Dualism
- Two dimensions of existence
  - Transcendent Field and Immanent Field
  - Compare to *Res Extensa* and *Res Cogitans*
- Phenomenology is the study of Essences leading to the Transcendental Ego
- Phenomenological Reduction
  - Epochē – bracketing of phenomena by disallowing the existence of transcendental phenomena as ‘real’
  - Compare to Methodical Skepticism and Buddhist Absorptions

# Neuroscience and Interactive Dualism

- Sir Karl R. Popper (1902 – 1994 CE)
  - Professor of Philosophy at the London School of Economics
- Sir John C. Eccles (1903 – 1997 CE)
  - Nobel Prize in Physiology or Medicine – 1963
  - Work on the Electro-chemical Structure of the Synapse
- Neuroscience and Interactive Dualism
  - *The Self and Its Brain*
    - **Historical presentation of Dualistic Theories**
  - *How the SELF Controls Its BRAIN*
    - **TESTABLE Quantum Model of Soul-Body Interaction**



# Class Discussion

## The History of Dualism

# Part 3: Hypnosis and Interactive Dualism

Detachment, Synchronization,  
Coordination, and Unification of  
Soul, Body, and World

# EEG Brain Wave Patterns

- Five Primary Brain-Wave Patterns
  - Delta
    - Deep sleep
  - Theta
    - Dreaming or Soul/Body/World detachment
  - Alpha
    - Synchronized low-energy meditative/hypnotic state
  - Beta
    - Normal everyday unsynchronized waking state
    - Synchronized/Coordinated waking state
  - Gamma
    - Synchronized High-energy active meditative/hypnotic state



# Brain-Wave State Diagram

Chart of EEG States

# Methodical Detachment, Synchronization, Coordination, and Unification of Soul/Body/World

- Methods of Detachment [EEG Theta State]
  - Seated Meditation
  - Hypnosis
  - Waking Theta State following from synchronized Alpha State
- Methods of Synchronization [EEG Alpha State]
  - Yoga, Seated Meditation and Hypnosis
    - Synchronization of Soul and Body
- Methods of Co-Ordination [EEG Beta State]
  - Tai Chi, Martial Arts, Athletics, Walking Meditation, Golf
    - Co-ordination of Synchronized Soul/Body and Action in 4-dimensional Space/Time

# Methodical Detachment, Synchronization, Coordination, and Unification (Cont.)

- Methods of Unification [EEG Gamma State]
  - Tai Chi, Martial Arts, Athletics, Walking Meditation
    - Unification of Synchronized and Coordinated Soul/Body in 4-dimensional Space/Time
    - High energy state
    - 'It' Breathes, walks, moves, thinks, etc.



# Q and A

Methodically Altering the  
Relationships Among Soul, Body  
and World

# Homework

- Continue to Practice the 5 skills
  - VAPMR
    - At least twice per day
    - After you are relaxed, then practice:
  - Differential Muscular Relaxation
    - Move hands or legs while remaining relaxed and seated, or walk and remain relaxed in upper body
  - Ideo-Dynamic Responses
    - Make hands and arms warm/cold/heavy/light

# Homework (Cont.)

- Visualization: Appropriating Space
  - Practice at home
  - Practice at work
  - Practice in new spaces
- Formatted Autosuggestion
  - Create a list of 10 goals
  - Format autosuggestions for all 10 goals
  - Select 1 or 2 to practice for the next week
  - Look in a mirror and repeat autosuggestions OUT LOUD 3 times per day



# Homework (Cont.)

- As you practice the five skills, be aware of which elements of the relationships among Soul, Body and World you are altering
- For next week: Bring a Pendulum to class
  - Medallion or necklace
  - Flat washer or heavy nut on a string

Q and A